

Sampler Saturday Feb 24th



Time	Class	Location
8:00-8:30	Group Power	Studio A
	Group Fight	Studio B
8:45-9:15	Group Active	Studio A
	Spin	Studio B
	(come early for a proper bike fit)	
9:30-10:00	Group Core	Studio A
	Group Groove	Studio B
10:15-10:45	Zumba	Studio A
	Basic Yoga	Studio B
11:00-11:30	Rise Up Cardio	Studio A
	Active Older Adults	Studio B

Bring a friend and try a variety of our group fitness classes and meet our amazing instructors!!

**FREE 30 MIN CLASSES
NO JOINING FEE
(IF YOU JOIN AT THE SAMPLER)
DOOR PRIZES
SNACKS**